

EVENTS

Golf Outing

Hillbilly Ninja

Cabin Fever 5k

5K

Disc Golf

Dates to be determined, watch your email for more details!

AVAILABLE FOR USE:

Exercise Videos

Park Passes



Brown County Government Wellness Program



Brown County Government Wellness Program

Questions?
Contact

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The American Heart Association Recommendations for Physical Activity in Adults

For Overall Cardiovascular Health:

At least **30** minutes of moderate-intensity aerobic activity **5** days per week for a total of **150** minutes

OR

At least **25** minutes of vigorous aerobic activity **3** days per week for a total of **75** minutes

or a combination of the two

AND

Moderate **HIGH INTENSITY** muscle-strengthening activity **2** days per week for additional health benefits

For Lowering Blood Pressure and Cholesterol:

An average of **40** minutes of moderate-to-vigorous-intensity aerobic activity **3-4** days per week

© 2016 Learn more at heart.org/ActivityRecommendations.

Resourceful Links:

<http://www.heart.org/HEARTORG/>

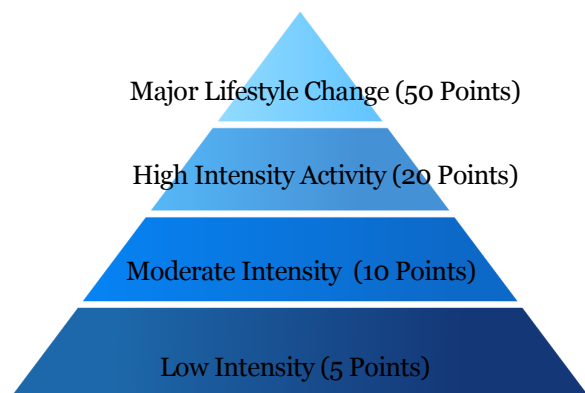
<https://www.cancer.org/>

<https://www.lung.org/>

<http://browncounty-in.gov/Wellness.aspx>

Wellness Points Information

Every participant in the wellness program is able to participate in the activity tracking program. Anyone who submits points will be entered in a quarterly drawing to receive awards. Prizes will also be awarded at the end of the calendar year, based on point totals.



Points Pyramid Breakdown

Activities in all categories must be done for at least 30 minutes to obtain points. Points are accrued for each 30 minutes.

Low Intensity Activities (5 Points)

Moderate Intensity Activities (10 Points)

High Intensity Activities (20 Points)

Please reference the following guides to help determine the intensity level of your activity.

Well check (50 Points) - 50 points for each well check (e.g. optometrist, dentist, primary care physician checks are each worth 50)

Low, moderate and high levels of exercise intensity, as measured by heart rate, are defined as follows:

(MHR = Maximum Heart Rate)

- Low (or Light) is about 40-54% MHR.
- Moderate is 55-69% MHR.
- High (or Vigorous) is equal to or greater than 70% MHR.

An individual's maximum heart rate can be estimated by using the formula:

$$220 - \text{age in years} = \text{MHR.}$$

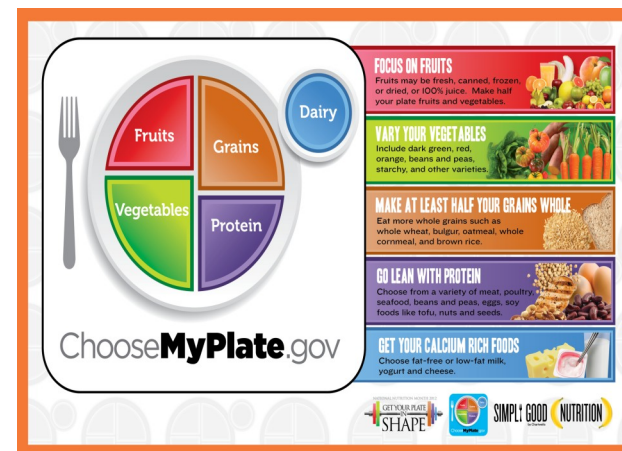
Pulse rate can then be monitored while an exercise is being done and the % MHR calculated to assess intensity.

Level of Intensity	Rate of Perceived Exertion	Physical Cues
Low Intensity	Easy	Does not induce sweating unless it's a hot, humid day. There is no noticeable change in breathing patterns.
Moderate Intensity	Somewhat Hard	Will break a sweat after performing the activity for about 10 minutes. Breathing becomes deeper and more frequent. You can carry on a conversation but not sing.
High Intensity	Hard	Will break a sweat after 3-5 minutes. Breathing is deep and rapid. You can only talk in short phrases.

Lifestyle Changes (50 Points)

This activity is something you do every day for the entire reward period, resulting in a healthier lifestyle.

Examples: Eat daily values of fruits and vegetables, stop smoking, cut out soda, drink recommended amount of water.



Tracking & Reporting

You may submit your points as frequently as you would like at the Wellness Program page. The web address is :

<http://browncounty-in.gov/Wellness.aspx>

If you need or have forgotten your login you may contact Laura Minett for assistance.

Rewards will be given quarterly schedule as follows:

Q1 (January 1—March 31) : Points reported by April 5

Q2 (April 1—June 30) : Points reported by July 5

Q3 (July 1—Sept. 30): Points reported by October 5

Q4 (October 5—Dec 5*) : Points reported by Dec 5

*(Q4 is shortened so prizes can be handed out at Holiday Party)